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cont. wherein said gel-swellable portion has a density of less than 0.90 g/cc and said outer layer has a density of at least 0.90 g/cc.

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2. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion is a continuous layer surrounding said at least one optical fiber.

3. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion has an uneven thickness.

B2 4. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion has a smooth surface.

5. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion has at least one groove in a surface of said at least one gel-swellable portion.

6. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swellable portion is made from at least one longitudinally running strip.

7. (Amended) The fiber optic cable according to claim 1, further comprising a second gel-swellable portion positioned between said gel-swellable portion and said at least one optical fiber.

8. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swallowable portion has a corrugated surface which is adjacent to said gel.

2 9. (Amended) The fiber optic cable according to claim 1, wherein at least one gel-swallowable portion contacts said inner surface of said outer layer.

B2  
cont. 10. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swallowable portion is one of a copolymer or terpolymer of polyethylene.

11. (Re-Add) The fiber optic cable according to claim 1, wherein said gel-swallowable portion swells more than 10% at 85°C.

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13. (Amended) The fiber optic cable according to claim 1, wherein said at least one gel-swallowable portion is a polyolefin swallowable material.

B3 14. (Amended) The fiber optic cable according to claim 1, wherein the material of said at least one gel-swallowable portion is softer than the material of said outer layer.

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B4 15. (Twice Amended) A fiber optic cable, comprising:  
an outer layer;

at least one optical fiber disposed inside said outer layer;

a gel-swellable portion contacting an outer surface of said optical fiber; and

a water resistant gel positioned adjacent to said gel-swellable portion;

wherein said gel swellable portion absorbs at least some of a said gel, and wherein said gel-swellable portion swells more than 10% at 85°C.

16. (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion is a continuous layer surrounding said at least one optical fiber.

17. (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion has an uneven thickness.

18. (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion has a smooth surface.

19. (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion has at least one groove in a surface of said gel-swellable portion.

20. (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion is made from at least one longitudinally running strip.

21. (Amended) The fiber optic cable according to claim 15, further comprising a second gel-swellable portion positioned between said gel-swellable portion and said outer jacket.

B5  
cont 22. (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion has a corrugated surface which is adjacent to said gel.

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27. (Amended) The fiber optic cable according to claim 15, wherein said gel-swellable portion is a polyolefin swellable material.

B6 28. (Amended) The fiber optic cable according to claim 15, wherein the material of said gel-swellable portion is softer than the material of said outer layer.

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29. (Twice Amended) A fiber optic cable, comprising:

an outer layer;

at least one optical fiber;

a water resistant gel disposed between said at least one optical fiber and said outer layer;

and

B7 at least one gel-swellable portion proximate to one of an inner surface of said outer layer and an outer surface of said optical fiber;

wherein said gel-swellable portion is made from a material softer than said one of said inner surface and said outer surface to which said gel-swellable portion is adhered to.

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30. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellaible portion is a continuous layer.

31. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellaible portion has an uneven thickness.

32. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellaible portion has a smooth surface.

33. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellaible portion has a groove in a surface of said at least one gel-swellaible portion.

34. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellaible portion is made from at least one longitudinally running strip.

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35. The fiber optic cable according to claim 29, further comprising a second gel-swellaible portion positioned between said at least one gel-swellaible portion and the other of said outer surface and said inner surface.

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36. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion has a density less than 0.90 g/cc.

B9 37. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion is one of a copolymer or terpolymer of polyethelene.

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40. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion is a polyolefin swellable material.

B10 41. (Amended) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion has a corrugated surface.

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**The following new Claims are to be added:**

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42. (New) The fiber optic cable according to claim 15, wherein said optical fiber is part of an optical fiber ribbon.

B11 43. (New) The fiber optic cable according to claim 29, wherein said at least one gel-swellable portion swells more than 10% at 85°C.

44. (New) The fiber optic cable according to claim 29, wherein said at least one gel-

*Bid* swellable portion contacts said one of an inner surface of said outer layer and an outer surface of

*cont.* said optical fiber.

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